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SIEMENS

PREVENTION AT THE WORKPLACE

Ergo Online

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You would like to book an
Ergo Online Workshop
or are looking for further
information, we are happy
to help you:

Email

hp.mch.ehs@siemens.com

Further information

intranet.siemens.com/health-promotion



Ergo Online – What's that?

Regular exercise as well as an ergonomically designed workplace have a positive effect on our musculoskeletal system, our cardiovascular system and our performance.



Prevention at the workplace

Key facts

- Target group: All Siemens AG employees and associated companies with sedentary work
- Location: virtually via MS Teams
- Duration: 60 minutes
- Participants: maximum 16 people
- Costs: on request
- Paid by: departmental cost center
- Booking by the manager

The upgrade course „Ergo Plus“ can be booked subsequently, which will be conducted on-site.

In this virtual workshop we show you how little adjustments can help you work ergonomically and integrate activity into your daily routine during mobile working

Focal points of the workshop

- Effects of prolonged sitting
- Ergonomic basic principles – implementation during mobile working
- Integration of activity into the daily routine during mobile working (Active Break)

